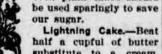
### COMPANY GOOD THINGS.

These days we do not make frosted cakes except for state occasions and even plain cakes should be used sparingly to save our sugar.



substitute to a cream, add half a cupful of sugar, the yolks of four eggs beaten light, three tablespoonfuls of milk and one cupful

of corn flour sifted with a tenspoonful of baking powder. Spread the mixture in a shallow pan, beat the whites of the eggs, add gradually three-fourths of a cupful of sugar, then fold in a half cupful of blanched and shredded almonds. Spread this meringue over the cake mixture, dredge the top with sugar and cinnamon and bake thirty minutes. Cut in strips for serving.

Small sponge cakes baked in gem pans and when cold cut open and filled with sweetened and flavored whipped cream make a most delicious cake for nice occasions.

Dog Biscuit.-Roll thin a baking powder biscuit dough, using barley flour instead of wheat, cut out the biscuit and place a slice of bologna sausage on one then cover with another pressing the edges together. Bake as usual. This is a most appetizing dish enjoyed by people who do not ordinarily care for bologna. The name is the only drawback to this biscuit.

Pineapple and Cream Cheese Salad. -Wash and dry the leaves of head lettuce; cut canned sliced pineapple into straws, keeping the straws as long as the slices will allow. Roll cream cheese into balls or egg shapes. Dispose the pineapple straws in the heart leaves of the lettuce and set three eggs in each nest, flock each egg with paprika. Serve plain French dressing in a bowl. Allow two tablespoonfuls of oil, and one of lemon juice with a few grains of salt and pepper for each nest.

Banana Parfait.-Peel and scrape two or three bananas, then press the pulp through a ricer or sieve, scald the pulp with two-thirds of a cupful of sugar and the juice of half a lemon boiled together, chill, then fold in one cupful of cream whipped and onethird of a cupful of candied cherries, cut fine and soaked in orange juice

over night. Rice Muffine.-Take a pint of softbolled rice, a cupful of sweet milk or sour, using soda if sour milk is used. two well-beaten eggs, a tablespoonful of fat, and a half tenspoonful of salt. Add corn flour sifted with baking powder to make a batter thick enough to drop. Drop in gem pans and bake in a hot oven.

Friendship—that select and sacred relation which is kind of absolute and which leaves the language of love sus-pictous and common, so much is this purer, and nothing is so much divine. —Emerson.

### MORE POTATO DISHES.

A simple dish and one easy to prepare making a variety in serving potatoes is:



Spanish Potatoes. -Cook potntoes as usual, after peeling. in boiling salted water. Drain well, then turn into a which contains a

generous portion of butter, three tablespoonfuls of finely scraped or chopped onion, and salt and pepper (cayenne) to taste. Turn in the potatoes and chop coarsely with a silver knife, mixing them well with the seasoning. Then serve with cold

Scalloped Potatoes.-Cut raw potatoes into eighth-inch slices and arrange in a baking dish putting in a layer of potatoes, then salt and pepper, a dash of flour and a few small bits of butter or cheese then repeat until the pots toes are all used. Fill the dish to an inch from the top, then cover with milk and bake in a hot oven. Keep covered the first 15 minutes. Bake until the potatoes are tender.

Russian Salad .- Mix one cupful each of cold cooked carrot cubes and potato cubes with a cupful each of cold cooked peas and beans; marinate with Prench dressing for two hours, arrange on lettuce leaves in four seckeeping each vegetable by itself. Garnish two sections with smoked fish and ope with hard-cooked egg white chopped, the other with the yolks put

Potato Salad. - Cook small-sized potatoes in their jackets until tender, peel and cut in cubes; while hot add a few tublespoonfuls of French dressing, with one small onion finely chopped or three small green onions, tops and all. Let stand for a half hour after adding salt and paprika. Just before serving add a cupful of diced celery to four cupiuls of potatoes and one small cucumber cut in cubes. well, add boiled or mayonnais sing, and serve. For a hot salad the

placed in a dish, and onion, bacon fat and vinegar left from spiced pickles heated hot and poured over the potatoes makes a very tasty salad.

The happiness or unhappiness of men depends no less upon their dispositions than their fortunes.—Rochefoucauld.

### MORE GOOD SAVING DISHES.

DIT

As potatoes are plentiful this season as well as cheap, we may use more in our bread, adding to its moisture and keeping

quality as well as making a palatable loaf. Where a large propor used it is necessary to add the flour gradually or it will not work in and if not enough flour is added the bread will be undesirable.

Scalloped Potatoes and Hominy.-Put six medium-sized potatoes through a ricer. Butter a baking dish and put a layer of potato in the bottom of the dish, then a layer of cooked hominy, seasoning well and cover with a layer of grated cheese. Repeat until a cupful of hominy, a cupful of grated cheese and the potatoes are all used. Cover with a cupful of milk and finish with a fourth of a cupful of dried crumbs well buttered. Bake in a moderate oven twenty minutes.

Slice bananas and brown in a little hot fat, sprinkle with lemon juice and a few grains of sugar. Serve with ment as as vegetable.

Oatmeal Macaroons,-Take one and a half cupfuls of oatmeal, parch it un- and rents. til is it light brown, then put it through the meat grinder, unless it is the steel cut oatmeal, that does not need grading. Add a half cupful of coconut, a dry town. half cupful of sugar, creamed with a tablespoonful of fat, one well-beaten egg and mix all together. Drop by spoonfuls on a buttered sheet and bake until brown. This recipe makes two dozen macaroons.

Banana Bread Pudding.-Place layers of buttered bread and sliced bananas in a baking dish, beat two eggs add a fourth of a cupful of sugar and two and a half cupfuls of milk with a pinch of salt, pour this over the banames and bake until the custard is set. Tart jelly may be used instead of the lemon juice if desired.

Bananas With Strawberries.-Peel and mash four ripe bananas; mix thoroughly with a half cupful of crushed strawberries that have been sweetened to taste. Add whipped cream and serve in sherbet cups with whipped cream and a sliced berry on top.

A slice of ham spread with peanut butter and cooked in a little mix make a change from the ordinary way

You do surely bar the door upon your own liberty if you deny your griefs to your friends.—Shakespear.

## SEASONABLE DISHES.

Now that lettuce, even the head variety, is reasonable in price ft should

be used freely. In the green leaves of plants is substance which promotes growth and is indespensable as food for children. A simple salad which all will like and one which is wholesome and good for the little

people is head lettuce dressed with a sprinkling of chopped onion; the mild green or the southern onion is best. Add a teaspoonful of peanut butter to the French dressing which is made by using three tablespoonfuls of oil to one of lemon juice or mild vinegar, hot vegetable dish a few dashes of salt and cayenne, all well mixed with the pennut butter and poured over the lettuce. Chopped peanuts may be used for the older people who will promise to masticate the nuts well.

> Barley Pudding.-Wash a half cupful of barley and put into a pudding dish with four cupfuls of milk, a third of a cupful of honey, a half tenspoor ful of salt, a half teaspoonful of cin namen and a tablespoonful of fat. Stir often during the first hour of cooking to keep the barley from settling.

Barley Fifteen Minutes Pudding-Take a cupful of barley flour sifted well with a teaspoonful and a half of baking powder, a half tenspoonful of salt and mix with a half cupful of rich milk. Butter small cups and put into each a spoonful of the mixture, add a tablespoonful or two of any juicy fruit, like cherries, strawberries or any canned fruit desired. Cover with a spoonful of the batter, set the cups in a pan of boiling water, not enough to boil up into the cups, cover with a tight cover and boll fifteen minutes. Turn out of the cups and serve with cream and sugar or with a sauce made of the fruit

Curry of Beef Heart .- Pour a pint of boiling water over a beef heart and let it stand ten minutes, drain and trim. Chop an onion and brown in two tablespoonfuls of the fat, then the heart cut in bits and rolled in seasoned flour. Add a half cupful of water and replenish as it boils away. When cooked add a tablespoonful of curry powder and salt and pepper to

Necei Maxwell

WHY UNCLE SAM CHOSE ROCK-FORD. "Dry Rockford, Ill., has the reputa-

tion of buying and consuming more groceries than any other city of like population in the United States," says Frank S. Regan, "When we quit drinking we all went to eating.

"Stores that used to rent for \$50 per month now rent in best locations for

\$200 to \$300 per month. "Twenty thousand people came to Rockford before the army camp came here and they came from all over the country. The fact Rockford was dry was very often stated as the reason they came. Wet cities in this part of the state saw the handwriting on the wall and went dry themselves. The tion of mashed potato is Nelson hotel which had a bar and was sore because some \$16,000 revenue was cut off when we voted prohibition, instead of going 'busted' went 'full' of guests, saw several new hotels go up in Rockford and is now building a fireproof addition to double its capacity. Plans are being drawn for other and better hotels than all of them. Grocery stores had thousands of dollars on their books as bad debts and dead-beat accounts galore when we had saloons. Now they are selling for cash instead of credit and one grocery collected \$11,-000 worth of dead-beat accounts out of a total of \$13,000 without the assistance of an attorney. Money rolled into the banks until they built a nice new bank building to house a brand-new national bank, and so it goes.

"Saloonkeepers have all settled down in other lines of business and are pinspering in their new fields or are living off the increase of real estate values

"Every man and woman in America who has a son in Camp Grant is more than pleased their son is located in a

"And so is your Uncle Sam."

### THE NATION PAYS THE PRICE.

He was twenty-one; was 5 feet 11 inches tall; weighed 165; had scarcely known a sick day; was morally clean, physically perfect; did not know the taste of intoxicating liquors; was the joy of his mother, the hope of his father, the ideal of his friends. He volunteered.

Uncle Sam received him with open arms and put him in the front line of battle. Today he fills an unknown

II. He was twenty-one; was 5 feet 11 inches; weighed 165; was morally unclean; was physically weak; was the habitue of the saloon; drank every day and was often drunk; was the sorrow of his parents; had no real friends.

He was drafted. Uncle Sam marked his unsteady eye, depraved face, whisky breath, cigarette fingers, unsteady heart, the germs of immoral disease; said, "Stand aside, you are unfit."

And he is left at home to help breed another generation.-J. K. S. in American Issue.

# STORY WITH A MORAL FOR

Mr. Edwards, M. P., recently stated at an assembly of the Scottish Temperance league, Glasgow, that at a recruiting meeting he was approached by a young man, who asked whether at would look after the wives and children of those who enlisted? He was assured that government would. He enlisted, and was passed on in due course to the trenches, where, after months of good service, he was wounded, and then returned home on furlough. On his way back to the front he called at the House of Commons and asked for Mr. Edwards. "He refused to shake hands with me," said that gentleman, "and asked: What have you done for our homes? I left a happy home-I came back to find my wife a drunkard, my children neglected, my home broken up. You expect us to put our bodies between you and your enemies, but you will not put even a trench between the drink enemy and our homes."

### PERILS OF BEER DRINKING.

It is difficult to find a beer drinker forty years of age with a normal liver, kidneys or heart. These vital organs, from the excessive burden that is thrown upon them, wear out prematurely. The beer drinker may have an abundance of flesh, but it is of inferior quality. Surgeons do not care to operate upon him, because the chances of recovery are minimized.
"Should the beer drinker be strick-

en down with pneumonia or some other febrile disease that taxes the heart and kidneys, he would have but three chances out of ten to make a recovery .- Dr. D. H. Kress in the Sun-

### NO LOSS IN REVENUE.

The loss of liquor revenue by the en-actment of a prohibition law by Newfoundland, making illegal the importation and sale of intoxicating liquor after December 31, 1916, has not re sulted in a decrease in the revenues of that country. The revenue for the calendar year 1917, amounting to \$4,-442,476, was greater by \$25,807 than that for 1916, when liquors were still being imported.

"Intoxicants pull apart. The call of the times is—Together."

# A Word of Precaution.

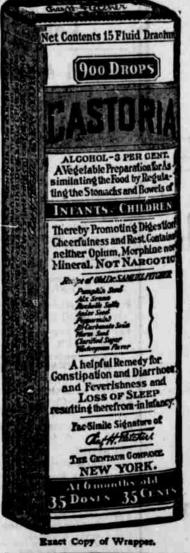
TUST wherein lies the reason for the use of vegetable preparations for infants

Why are any but vegetable preparations unsafe for infants and children? Why are Syrups, Cordials and Drops condemned by all Physicians and

Why has the Government placed a ban on all preparations containing, among other poisonous drugs, Opium in its variously prepared forms and pleasing tastes, and under its innumerable names?

These are questions that every Mother will do well to inquire about.

Any Physician will recommend the keeping of Fletcher's Castoria in the house for the common ailments of infants and children.



# Children Cry For

# **Letters from Prominent Druggists** addressed to Chas. H. Fletcher.

S. J. Briggs & Co., of Providence, R. I., say : "We have sold Fletcher's Castoria in our three stores for the past twenty years and consider it one of the best preparations on the market."

Mansur Drug Co., of St. Paul, Minn., says: "We are not in the habit of recommending proprietary medicines, but we never hesitate to say a good word for Castoria. It is a medical success."

Hegeman & Co., of New York City, N. Y., say: "We can say for your Castoria that it is one of the best selling preparations in our stores. That is conclusive evidence that it is satisfactory to the users."

W. H. Chapman, of Montreal, Que., says: "I have sold Fletcher's Castoria for many years and have yet to hear of one word other than praise of its virtues. I look upon your preparation as one of the few so called patent medicines having merit and unhesitatingly recommend it as a safe household remedy."

### GENUINE CASTORIA ALWAYS BEARS

Signature

sweet young thing and asked, "Now, miss, how would you like to pay for 1t ?" "Charge it, please," was the

Easy Money.

Having taken her subscription for a

Liberty bond, the banker turned to the

Now Is the Time to Get Rid of These Ugly Spots There's no longer the slightest need of feeling ashame'l of your freckles, as Othine—double atrength—is guaranteed to remove these homely

spots.
Simply get an ounce of Othine-double strength-from your druggist, and apply a little of it night and morning and you thould soon see that even the worst freekles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the akin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine,

Mean Thing!

"My dear, did you make this pud-ding out of the cookery book?"

"I thought I tasted one of the

# SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root, a physician's prescription for special diseases, makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamten, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Chief Object of Matrimony. Bessle-You going to get married when you grow up?

Jessie (resignedly)-Oh, I s'pose so. You can't get your allmony 'less you

Equivocal. "My wife tole me to engage a plain "Face or cooking?"

An Astounding Dissembler. "What do you think of a man who will constantly deceive his wife?" "I think he's a wonder!"

When Your Eyes Need Care Try Murine Eye Remedy No Smarting — Just Byo Comfort. 16 cents Druggists or mail. Write for Free Byo Bo MURIUM BYO REMAIDY CO., CHICAG

War and Birth Rates.
In his recent presidential address to the Royal Statistical society, Sir Bernard Mallet declared that the United Kingdom has lost by the fall in births during the war more than 500,000 potential lives. During the same period he estimates that Germany has lost 2,600,000 and Hungary 1,500,000. The great decline in the birth rate in the central powers is ascribed to the fact that the poorer classes in those countries have suffered greatly in health and vigor on account of the war, while the corresponding classes in Great Britain have actually enjoyed more favorable conditions than in time of peace.-Scientific American.

To Be Strong and Healthy To Brazil, me chill TONIO Purifies and Enriches the Blood and Bullds up the Whole System. It contains the yell known tomic properties of Iron and Quaine. Tou can feel its good effect on the Blood after the first few doose. Price Sc.

Deadly Parallel.

Soldier (describing Hun attack)— They were like bees out of a hive, and our fire simply withered them up David (in Psalm 118)-They compassed me about like bees; they are quenched as the fire of thorns.-Boston Evening Transcript.

Nothing of the Kind. "My poor man, aren't you something

of an invertebrate?" "No, ma'am; I never tech a drop."

Many a man skins the truth, stuffs it and sets it up as his ideal.







C. J. Mustion Wool Commission Co.

16th & Liberty Sts., Stock Yards Station KANSAS CITY, MO.

